




**Improving school health equity:
 Using Smart Source and Healthy Kids Colorado Survey to make data-driven decisions.**

Culture of Data Conference
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OBJECTIVES

1. Understand the role of health in education.
2. Learn about health equity and how that determines our approach to student health.
3. Explore statewide trends in student health and school health practices.
4. Obtain best practice strategies for addressing student health disparities that often lead to poor and inequitable academic outcomes.

Activity
 Everyone stand up!




✓ TAKE A STEP FORWARD IF...

1. You grew up in a two parent household

IN PARTNERSHIP WITH
SMARTSOURCE

IN PARTNERSHIP WITH
HEALTHY KIDS COLORADO SURVEY

✓ TAKE A STEP FORWARD IF...

1. You grew up in a two parent household
2. Your school felt like a supportive environment (e.g., extracurricular activities, positive role models)

IN PARTNERSHIP WITH
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✓ TAKE A STEP FORWARD IF...



1. You grew up in a two parent household
2. Your school felt like a supportive environment (e.g., extracurricular activities, positive role models)
3. Your school was not in an area where there was crime or unsafe activities

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✓ TAKE A STEP FORWARD IF...

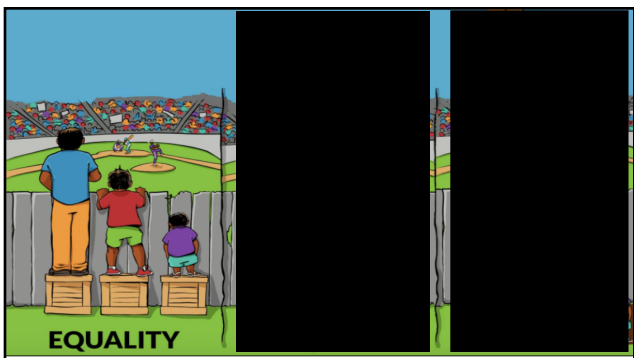
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2. Your school felt like a supportive environment (e.g., extracurricular activities, positive role models)
3. Your school was not in an area where there was crime or unsafe activities
4. **Never had to worry where your next meal would come from**





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2. Your school felt like a supportive environment (e.g., extracurricular activities, positive role models)
3. Your school was not in an area where there was crime or unsafe activities
4. Never had to worry where your next meal would come from
5. **Never had to help your parent(s) with a bill**







 **ACTIVITY DEBRIEF**

1. What observations/questions came up for you around equity? Consider your personal experience and that of your students.
2. How can you promote healthy & positive environments within your schools to help your students thrive?

SMARTELEMENTS
SMARTSOURCE 


 **DEFINING EQUITY**


National Equity Project

- Equity means every child receives what they need to develop to their full academic and social potential.

Colorado Department of Public Health and Environment

- Health equity is when all people, regardless of who they are or what they believe, have the opportunity to attain their full health potential.
- Achieving health equity requires valuing all people equally with focused and ongoing efforts to address inequalities.


SMARTELEMENTS
SMARTSOURCE 

 **WHY HEALTH?**

Healthy Students are Better Learners!

“No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress and closing the achievement gap will be profoundly limited if students are not motivated and able to learn.”

- Charles Basch, Professor at Teacher's College, Columbia University

SMARTELEMENTS
SMARTSOURCE 

✓ WHY SCHOOLS?

Healthy students have:

| | | | |
|-------------|----------------------|-----------------|-------------|
| Increased ↑ | Learning readiness | Absenteeism | Decreased ↓ |
| | School engagement | Truancy | |
| | Academic performance | Behavior issues | |


SMARTSOURCE | HEALTHY KIDS COLORADO SURVEY

✓ SCHOOL HEALTH DATA

- Using Smart Source & HKCS together
- Benefits to coordinated administrations:
 - Data sources are complementary
 - Data collected during same cross section of time
 - "Off year" can be used for planning & implementation

Smart Source (school-level tool) + HKCS (student-level tool) = Complete Picture of School Health

✓ SMART SOURCE: PURPOSE & MEASURES



- General Health Policies & Practices
- Nutrition
- Physical Education & Physical Activity
- Health Education
- Health Services
- Counseling, Psychological, and Social Services
- Healthy and Safe School Environment
- Family, Community, and Student Involvement
- Staff Health Promotion
- Local Wellness Policy

Healthy Kids Colorado Survey (HKCS)

CO's only comprehensive survey on the health and well-being of students in Colorado.

The purpose of the HKCS is to better understand youth health and what factors support youth to make healthy choices.

HKCS is aligned with the Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS) and has been conducted on a two-year cycle in CO since 1991.

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What does HKCS measure?

Protective Factors

- Trusted Adults
- School Climate
- Parents and Family
- Community Involvement

Health Behaviors

- Alcohol, tobacco, and substance use
- Safety and violence
- Nutrition and physical activity
- Sexual health (high school only)

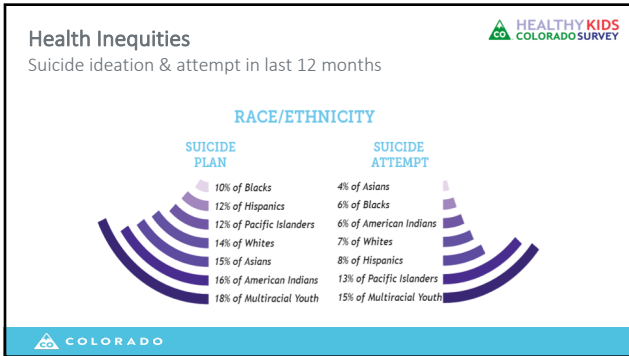
Social-Emotional Indicators

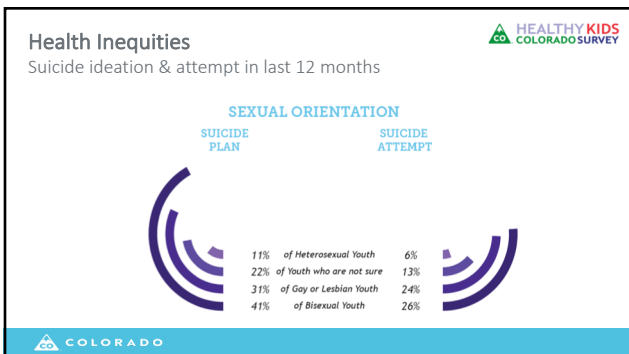
- Depression
- Suicide
- Bullying

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Mental Health & School Best Practices

Suicide Prevention

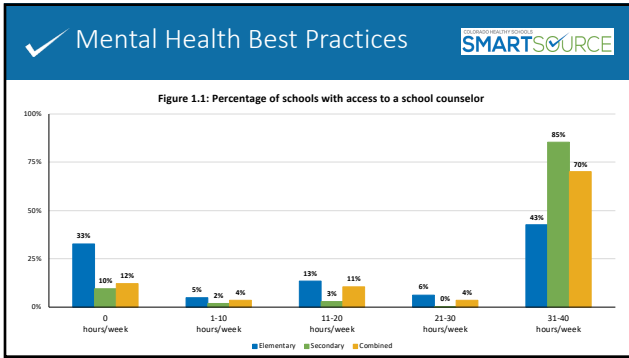


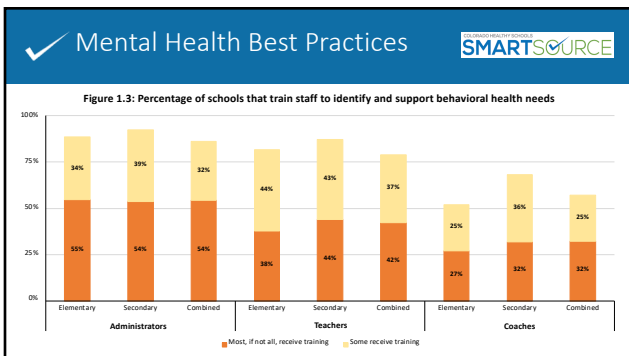


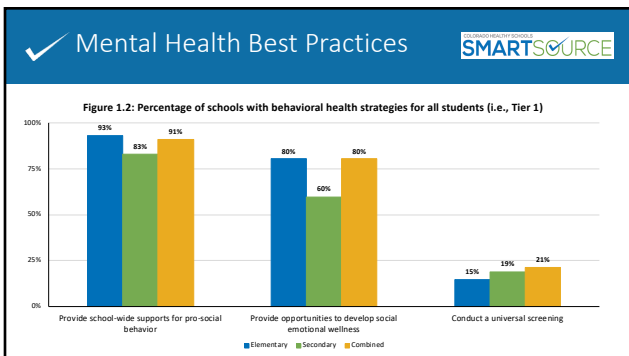
Factors that can help prevent youth suicide attempts

-  **Trusted Adults:**
Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide.
-  **School Safety:**
Youth who feel safe at school are 3.2x LESS likely to attempt suicide.
-  **Extracurricular Activities:**
Youth who participate are 1.7x LESS likely to attempt suicide.

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Substance Abuse & Health Education

Marijuana & Tobacco Use



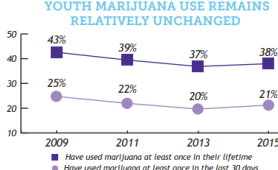

Statewide Marijuana Use

MARIJUANA USE




4 out of 5 (78%) Colorado high schoolers, have **NOT** used marijuana in the last 30 days.

YOUTH MARIJUANA USE REMAINS RELATIVELY UNCHANGED



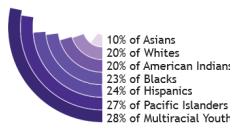
| Year | Have used marijuana at least once in their lifetime | Have used marijuana at least once in the last 30 days |
|------|---|---|
| 2009 | 43% | 25% |
| 2011 | 39% | 22% |
| 2013 | 37% | 20% |
| 2015 | 38% | 21% |



Health Inequities

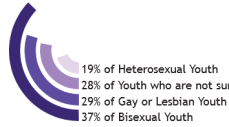
Marijuana use in last 30 days

RACE/ETHNICITY




- 10% of Asians
- 20% of Whites
- 20% of American Indians
- 23% of Blacks
- 24% of Hispanics
- 27% of Pacific Islanders
- 28% of Multiracial Youth

SEXUAL ORIENTATION



- 19% of Heterosexual Youth
- 28% of Youth who are not sure
- 29% of Gay or Lesbian Youth
- 37% of Bisexual Youth



ADULTS CAN HELP REDUCE YOUTH MARIJUANA USE

Supportive Teachers:
 Youth who agree that teachers care and encourage them are 1.7x LESS likely to use.

Talking with Parents:
 Youth who can ask a parent/guardian for help are 1.6x LESS likely to use.

Family Rules:
 Youth who have clear family rules are 1.7x LESS likely to use.

Parents' Opinion:
 If a parent feels like it's wrong, their children are 4x LESS likely to use.

Statewide Tobacco Use

TOBACCO PRODUCTS (EVER USED)

| | |
|--------------------------|-----|
| E-Smoking Device | 46% |
| Hookah or Sheesha | 25% |
| Cigarette | 20% |
| Snus or spitless tobacco | 4% |

CO YOUTH CIGARETTE SMOKING TREND

| Year | Smoked at least once in lifetime | Smoked at least once in last 30 days |
|------|----------------------------------|--------------------------------------|
| 2011 | 27% | 16% |
| 2013 | 22% | 11% |
| 2015 | 20% | 9% |

Health Inequities

Cigarette use in last 30 days





RACE/ETHNICITY

| |
|--------------------------|
| 5% of Blacks |
| 6% of Asians |
| 8% of Hispanics |
| 8% of Whites |
| 10% of Pacific Islanders |
| 12% of American Indians |
| 13% of Multiracial Youth |

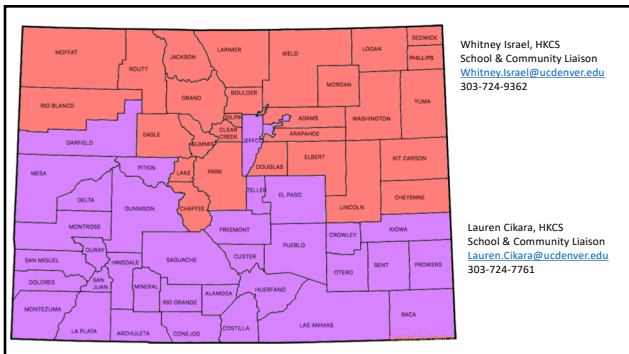
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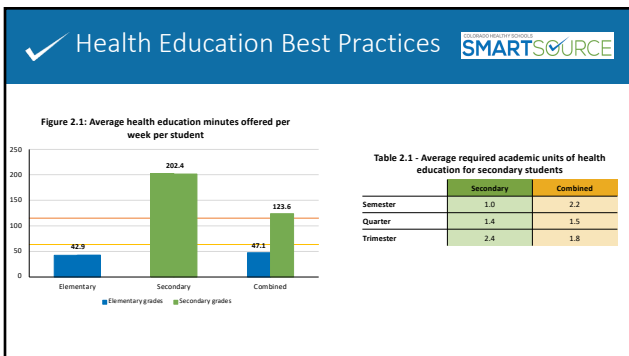
| |
|-------------------------------|
| 7% of Heterosexual Youth |
| 15% of Gay or Lesbian Youth |
| 18% of Youth who are not sure |
| 22% of Bisexual Youth |

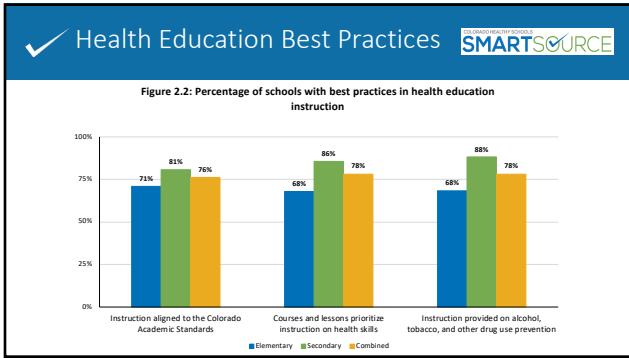
Factors that can help prevent youth tobacco use

-  **Parents' Opinion:**
Youth whose parents think smoking is wrong are 6x LESS likely to smoke cigarettes.
-  **Family Rules:**
Youth who have clear family rules are 3x LESS likely to smoke cigarettes.
-  **School safety:**
Youth who feel safe at school are 3x LESS likely to smoke cigarettes.
-  **Extracurricular activities:**
Youth who participate are 2.4x LESS likely to smoke cigarettes.









- ### STRATEGIES TO ADDRESS HEALTH INEQUITY
- **Know the population your school serves.**
 - Look at demographic data & school health data (e.g., Smart Source & HKCS).
 - **Ensure representative input from all voices in school community (students, parents, school staff, community members).**
 - Consider how feedback is gathered and used.
 - **Develop inclusive programs/policies to meet their needs.**
 - Co-create programs/policies whenever possible but at the very least, collect suggestions.

DATA USE TRAINING OPPORTUNITY

| Schedule for Smart Source Data Use Workshops | | |
|--|------------|------------------|
| Location | Event Date | Event Time |
| Grand Junction | 4/24/18 | 8:30am - 12:30pm |
| Frisco | 4/25/18 | 9:00am - 1:00pm |
| Pueblo | 4/30/18 | 9:00am - 1:00pm |

Email us at smartsourcel@coloradoinitiative.org to learn more!

QUESTIONS?



Thank You!

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